

# Guard against macular degeneration

Macular degeneration is the leading cause of central vision loss for those over 60 years of age. The central part of the retina (the macula) deteriorates, leading to loss of “straight ahead” vision. One or both eyes can be affected.

If you are 50 years of age or older, ask your eye doctor to check for macular degeneration at routine vision exams. Ask, too, for a simple home screening device that lets you check for signs of macular degeneration on your own.

## **Reduce the risk for macular degeneration:**

- Keep your blood pressure at a normal level.
- Maintain a healthy weight.
- Don't smoke. If you smoke, quit.
- Protect your eyes from the sun's harmful ultraviolet rays. Wear sunglasses with UV block. Wear a wide-brimmed hat.
- Talk to your eye doctor about taking a high dose vitamin and mineral supplement to reduce the risk of advanced age-related macular degeneration.

